



AQUATICS CLASS DESCRIPTIONS

Green Bay Parks, Recreation & Forestry Department



Parent-Child (6 months to 3 years)

Adult accompanies the child in the water. Skills taught: enter & exit water safely, submerge face, explore buoyancy on front & back, change body position in water. This class does not teach child to be water safe, but is an intro to the water environment.

Children who are not toilet-trained are required to wear swim diapers OR diapers worn w/rubber pants. Removing diaper for swimming is not acceptable.

Level 1A (Ages 3 and 4)

No previous experience. Skills: blowing bubbles, bobbing, entering and exiting water, floats, kicks, swimming on front with assistance, safety skills. These students pass to Level 1B.

Level 1B (Ages 5 & Up)

No previous experience. Skills: blowing bubbles, bobbing, entering and exiting water, floats, kicks, swimming on front with assistance, safety skills. These students pass to Level 2.

Level 2

Student must have passed Level 1 skills. Skills: submerge and hold breath, floats, glides, kicks, swim on front and back without assistance (5 yards), safety skills.

Level 3

Student must have passed Level 2 skills. Skills: front crawl and backstroke 15 yards, elementary backstroke 15 yards, glides, sitting and kneeling dives, treading water 30 seconds, water safety skills.

Level 4

Student must have passed Level 3 skills. Skills: front and back crawl 25 yards, elementary backstroke, breaststroke and side-stroke with scissor kick, breaststroke 15 yards, rotary breathing, turns, diving, safety skills.

Level 5

Student must have passed Level 4 skills. Skills: front and back crawl 50 yards, elementary backstroke 25 yards, dolphin kick, breaststroke and sidestroke 15 yards, treading water, shallow diving, safety skills.

Level 6

Student must have passed Level 5 skills. Skills: front and back crawl 100 yards, breaststroke and sidestroke 25 yards, butterfly 15 yards, open & flip turns. Tread water & "specialty skills.

Level 7

Student must have passed Level 6 skills. Front crawl 200 yards, back crawl 100 yards, breaststroke and sidestroke 50 yards. Swim 500 yards continuously, rescue skills.

Water Polo

This exciting Monday/Wednesday class meets for one hour each day beginning Session 3. Skill work, endurance & rules of the game (positioning, offensive moves, passing, eggbeater kicking & shooting) will be taught as participants learn how to play this growing sport! If you like to swim, are Level 4 swimmer & play competitive games, this is the program for you!

Adult Lessons

Move at your own pace in this class designed for ages 14 & over. Attention is given to individual skills. Small class size will maximize your learning experience. Class meets twice per week (4 dates for 1 hour). First session is **FREE!**

Adaptive Aquatics (City residents only)

Swim lessons for individuals with special needs, such as hearing & visual impairments, special physical needs & developmentally disabled. Colburn pool only.

YMCA Red Cross conversions:

Pike (3-6 yrs) = 1A

Eel (3-6 yrs) = 1A

Ray (3-6 yrs) = Level 2

Starfish (3-6 yrs) = Level 3

Polliwog (6+ yrs) = Level 1B

Guppy = Level 2

Minnow = Level 3

Fish & Flying Fish = Level 4

Skilled Flying Fish = Level 5

Shark = Level 6